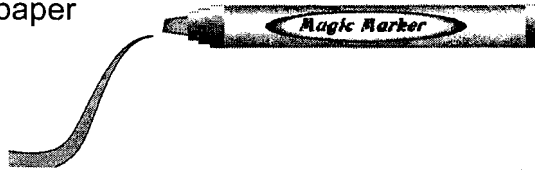


III. Workshop Format

Supplies

1. 10 – 18" x 24" blank sheets of paper
2. Markers
3. Masking tape
4. Sample menus from: Italian, Japanese, Greek, Mexican, Chinese, Indian, and New American or California style restaurants.
5. Food and Equipment needed for demonstration. Select a recipe from the appendix. Food and supplies are included with each recipe.



Handouts

1. Food Guide Pyramid
2. "Would You Like French Fries With Your Order?" Quiz
3. Healthy Tips for Eating on the Road and on the Run
4. Evaluation Form

